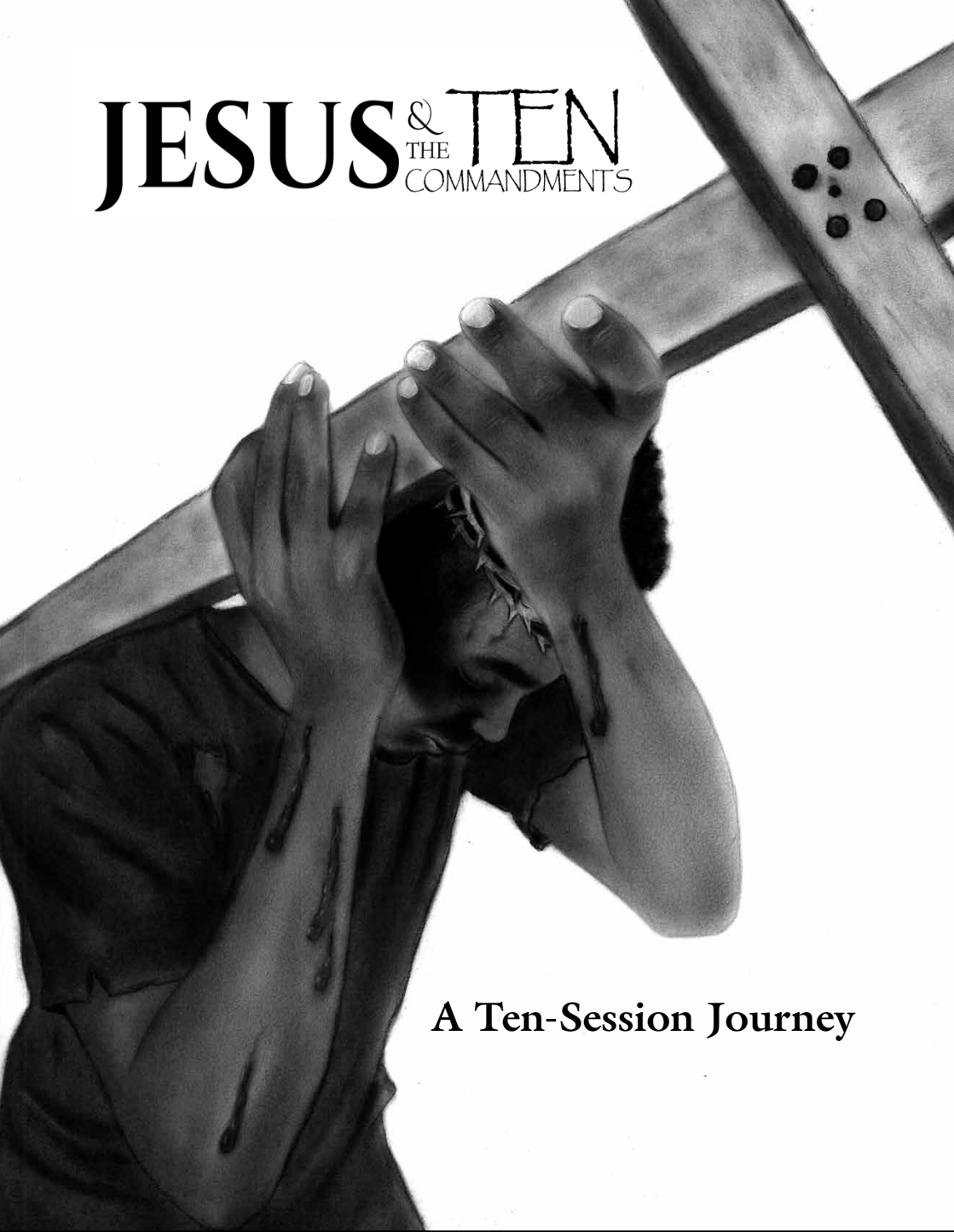


# JESUS & THE TEN COMMANDMENTS



A Ten-Session Journey



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## Exodus 20: 1-17 (ESV)

- <sup>1</sup> And God spoke all these words, saying,
- <sup>2</sup> “I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery.
- <sup>3</sup> “You shall have no other gods before me.
- <sup>4</sup> “You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. <sup>5</sup> You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, <sup>6</sup> but showing steadfast love to thousands of those who love me and keep my commandments.
- <sup>7</sup> “You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain.
- <sup>8</sup> “Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.
- <sup>12</sup> “Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.
- <sup>13</sup> “You shall not murder.
- <sup>14</sup> “You shall not commit adultery.
- <sup>15</sup> “You shall not steal.
- <sup>16</sup> “You shall not bear false witness against your neighbor.
- <sup>17</sup> “You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor’s.”

## Kutoka 20:1-17 (Neno)

<sup>1</sup> Ndipo Mungu akasema maneno haya yote:

<sup>2</sup> “Mimi ndimi Bwana Mungu wako, niliyekutoa Misri, kutoka nchi ya utumwa.

<sup>3</sup> Usiwe na miungu mingine ila mimi.

<sup>4</sup> Usijitengenezee sanamu katika umbo la kitu chochote kilicho juu mbinguni, au duniani chini, au ndani ya maji.

<sup>5</sup> Usivisujudie wala kuviabudu; kwa kuwa Mimi, Bwana Mungu wako, ni Mungu mwenye wivu, ninayewaadhibu watoto kwa ajili ya dhambi za baba zao hadi kizazi cha tatu na cha nne cha wanichukiao,

<sup>6</sup> lakini ninaonyesha upendo kwa maelfu ya vizazi vya wale wanipendao na kuzishika amri zangu.

<sup>7</sup> Usilitaje bure jina la Bwana Mungu wako, kwa kuwa Bwana hataacha kumhesabia hatia yeye alitajaye jina lake bure.

<sup>8</sup> Ikumbuke siku ya Sabato, uitakase.

<sup>9</sup> Kwa siku sita utafanya kazi na kutenda shughuli zako zote,

<sup>10</sup> lakini siku ya saba ni Sabato kwa Bwana Mungu wako. Siku hiyo hutafanya kazi yoyote, wewe, wala mwanao au binti yako, wala mtumishi wako wa kiume au wa kike, wala wanyama wako, wala mgeni aliye ndani ya malango yako.

<sup>11</sup> Kwa kuwa kwa siku sita, Bwana aliumba mbingu na nchi, bahari na vyote vilivyomo, lakini akapumzika siku ya saba. Kwa hiyo Bwana akaibariki siku ya Sabato na kuifanya takatifu.

<sup>12</sup> Waheshimu baba yako na mama yako, ili upate kuishi siku nyingi katika nchi anayokupa Bwana Mungu wako.

<sup>13</sup> Usiue.

<sup>14</sup> Usizini.

<sup>15</sup> Usiibe.

<sup>16</sup> Usimshuhudie jirani yako uongo.

<sup>17</sup> Usiitamani nyumba ya jirani yako. Usimtamani mke wa jirani yako, wala mtumishi wake wa kiume au wa kike, wala ng'ombe wake au punda wake, wala chochote kile alichacho nalo jirani yako.”

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## Karibu Sana! (Welcome)

Discover what it means to live in a right relationship with God, family, community, and yourself. Join us on a journey as we explore God's rescue story and consider His plan for the blessed life.

In this ten-session course, Jesus will be our guide as together we study the Ten Commandments and learn what it means to live fully and freely for God. Featuring Kenyan pastors and Bible teachers, discussion questions, and an interactive guidebook, this course is designed to help you experience heart transformation and find a way of life rooted in relationships and powered by God's grace.

You'll be able to access all of the videos and resources for this course by signing up at:

[www.cslewisintitute.org/jtc](http://www.cslewisintitute.org/jtc)

During our sessions you'll be nourished and grow in five key areas:



### Head

Study and learn important truths about God.



### Heart

Experience God's love and allow God's Spirit to shape your emotions and will.



### Hands

Take specific steps to apply what you've learned.



### Helps

Reach out to others with God's love and grow in a community of friends.



### Habits

Develop disciplines to nourish your soul.

## Ahadi Yangu (My Commitment)

Welcome to *Jesus and the Ten Commandments*. We are so glad that you are here!

It is best to go through this experience together with others in a small group. If you're not already in a group, invite a few friends or neighbors to join you on this journey. Set aside a regular time to meet and make a commitment to God and to the others in your group.

*I commit to participate fully in this course. With God's help, I will attend each of the small group sessions and complete each of my action assignments.*

Signed by:

\_\_\_\_\_  
Name

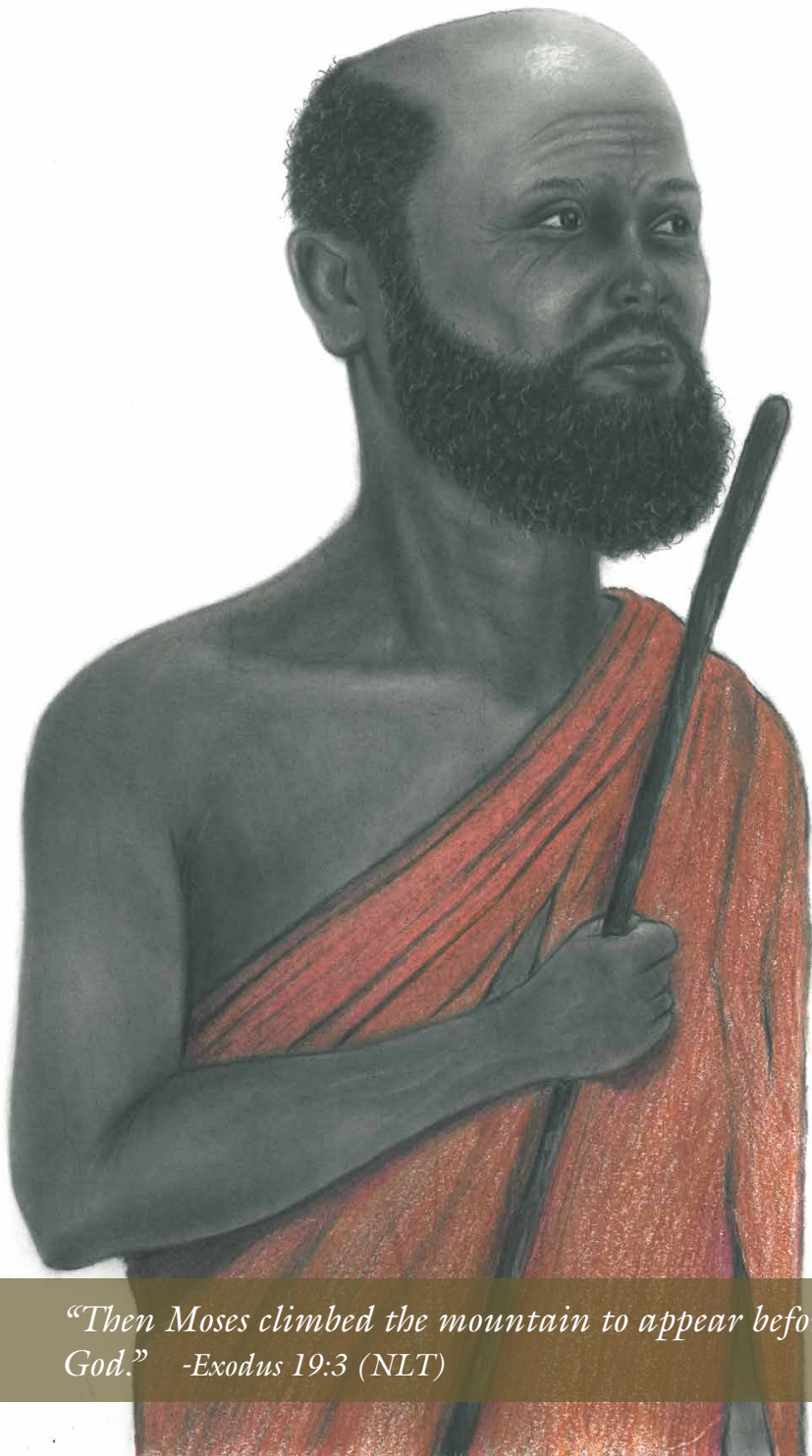
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### Our prayer for you:

Heavenly Father, minister to each person who reads these pages. May they encounter You through Your Word. Bless their discussions, small group meetings and times of prayer. May they experience You daily. May Jesus be their Guide, and may Your Spirit empower them to live fully and freely. Bless, provide, protect, strengthen, and encourage them. Use them, Father, for Your honor and glory, and may Your Kingdom come. Amen.

**SAFARI IANZEE!**

Let the Journey Begin



*“Then Moses climbed the mountain to appear before God.” -Exodus 19:3 (NLT)*

1

## A Guide for Human Flourishing

I am the Lord your God

Watch the video [The Beautiful Life](#)

When Moses went up the mountain he had a dramatic encounter with God that forever changed human history.

The Ten Commandments were part of a Covenant relationship between God and His people. They offer a foundation for how to live as God’s rescued people. This week we’ll explore the background and structure of the Ten Commandments.

Read Exodus 20:1-21



### Discussion Questions

- What do you know about the story of Exodus? How did God deliver His people out of bondage?
- How does God introduce Himself in Exodus 20:2? Why is this important?
- Have you ever experienced God as a Rescuer in your life? Take turns sharing some of your stories.
- Which commandments are most difficult for you?
- What do you think the world would look like if God’s people followed each of the commandments?



### Habit to practice: Kukariri Biblia (*Memorization*)

This week, study the Ten Commandments in your Bible or using the illustrations found on pages 7-8. See if you can memorize the commandments in English or Swahili. Don’t worry if you can’t get it in one week, we’ll keep practicing as we go. Bible memorization is a great way to store God’s Word in your heart and equip you to live for God.



## Action Assignment

Read and reflect on the following article  
by Rev. Canon Dr. Kwasi Amofo



### Introduction to the Law

The origins and the purpose of the Law and the Ten Commandments are described in different places in the Old Testament.

In Exodus 19:1-2, exactly three months after God had delivered the Israelites out of bondage in Egypt through Moses, the Lord met with them at Sinai to enact a covenant with them. Bible scholars refer to this as the Sinai Covenant or the Old Covenant.

The terms and conditions of the Sinai Covenant are found in various passages between Exodus 24 and Exodus 34. These terms and conditions are comprised of 621 rules and regulations the Israelites were to follow.

These rules and regulations revealed God's character to the Israelites as well as God's expectations of His people. They related vertically to their relationship with God Himself, and horizontally to their relationships with one another.

The obedience of the Israelites to these God-given rules and regulations would enable their lives and their community to demonstrate to the pagan nations around them what the character of the true God looked like, and what it looked like to be in a covenant relationship with the living God (Deut. 4:6-8).

These rules and regulations included the Ten Commandments that God had given to the Israelites earlier in Exodus 20. Throughout the Bible, these rules and regulations are referred to as The Law.

Deut. 5:1-22 and Deut. 28 spell out both the blessings and the curses that the children of Israel would experience if they obeyed or disobeyed the Law.

### God's Grace and Our Redemption

Because God knew that the Israelites would not be able to fully obey the Law, He gave them, also in the Law, various animal sacrifices as their way of atoning for their sins when they broke God's Law.

*"I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage."*

*-Exodus 20:2 (NKJV)*

It is important to note that, first, purely by His grace, God redeemed the Israelites from bondage in Egypt and, second, He then gave them the Law. Their redemption, like ours today, was by grace, not because the Israelites deserved it (Deut. 7:7-8).

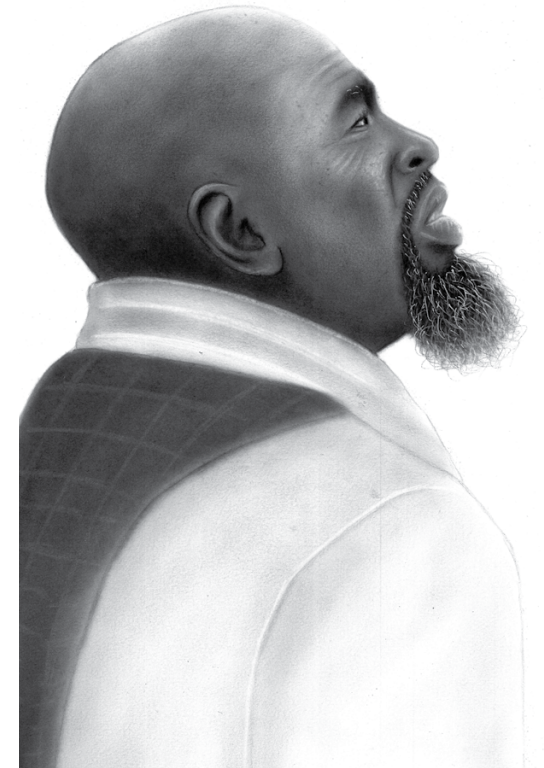
Obedience to the Law by the Israelites was meant to be their expression of faith in God, their obedience to Him, and their response of gratitude for God's grace in accepting them to be His people. It was never meant to be the means by which God would redeem or accept them, since He had already redeemed them from Egypt and accepted them, by His grace.

By the time of Christ, this response of faith in God, gratitude to God, and obedience to God, by the

Israelites, for His covenant grace, had been lost, and they had come to see their strict obedience to the Law as a means of earning or meriting God's acceptance, salvation, and eternal life.

### Next Step:

To learn more about the background for the Ten Commandments read Exodus 19. Then review the Ten Commandments on the next page.



# THE TEN COMMANDMENTS

*A Summary in English*

1. Worship the one true God
2. Don't have any idols
3. Honor God and His Name
4. Remember the Sabbath day and keep it Holy
5. Honor your father and mother
6. You must not murder
7. You must not commit adultery
8. You must not steal
9. You must not lie
10. You must not covet

# Amri Kumi

*Swahili Translation*

*Uhusiano na Mungu*

- 1 Usiwe na miungu mingine ila mimi.
  - 2 Usijifanyie sanamu ya kuchonga.
  - 3 Usilitaje bure jina la BWANA Mungu wako.
  - 4 Ikumbuke siku ya Sabato, uitakase.
  - 5 Waheshimu baba yako na mama yako.
- Uhusiano na wengine*
- 6 Usiue.
  - 7 Usizini.
  - 8 Usiibe.
  - 9 Usimshuhudie jirani yako uongo.
  - 10 Usitamani. . .chochote kile alichacho nacho jirani yako.

*-Kutoka 20:3-17 (Neno)*

## Blessed are the poor in spirit

Watch the video [The Ten Words](#)

While the Ten Commandments deal more with our hands (external actions), in the Beatitudes, Jesus turns our attention to our hearts (internal attitudes). The Beatitudes of Jesus reflect His kingdom perspective on life in this world. Jesus doesn't promise an easy life, but He does promise a fulfilled life if you follow His "upside down" kingdom approach to life. It leads to deep, loving relationships with God and neighbor on this earth and for eternity.

Read aloud Matthew 5:1-12



### Discussion Questions

- How do the Beatitudes expand or reinterpret the ethical demands found in the Ten Commandments?
- Which Beatitude resonates most with you personally, and why does it evoke a strong emotional response?
- In what practical ways can you embody the attitudes described in the Beatitudes in your daily life?
- How can understanding the transformative nature of the Beatitudes help you support and encourage others in their spiritual journey?

### Habit: Kutafakari kwa Biblia (*Bible Meditation*)



This week, read and reflect on Matthew 5:1-12 and the illustration on page 14. Each day focus on one of the Beatitudes. Ask God to bring you to a posture where you can receive His kingdom. Recognize God's desire to bless you, comfort you, fill you, and call you His child as you surrender your life to Him. Is there anyone God brings to mind that that He may want to use you to comfort, encourage, or show mercy to?

"Blessed are the poor in spirit . . ."  
-Matthew 5:3



## Action Assignment

*Read and reflect on the following article  
by Rev. Meshack Habib*



### The Beatitudes and the Ten Commandments

The Beatitudes, delivered by Jesus during the Sermon on the Mount (Matthew 5:1-12), present a revolutionary framework for understanding the Kingdom of God. Compared with the Ten Commandments given to Moses on Mount Sinai (Exodus 20:1-17), the Beatitudes shift our focus from outward obedience to internal transformation. This article explores these differences, examining the word “blessed” in both contexts and concluding with discussion questions.

The Ten Commandments serve as the bedrock of Old Testament Law, providing clear, external directives for the Israelites’ covenant relationship with God. These commands—prohibiting idolatry, theft, murder, and other sins—were given to establish a moral and societal order. The emphasis is on obedience to God’s laws to maintain righteousness and social harmony.

### Kingdom Ethics and Internal Transformation

In comparison, the Beatitudes reflect the heart of Jesus’ teaching on the nature of the Kingdom of Heaven. Each Beatitude begins with the word “blessed,” translating the Greek word “makarios.” This term conveys a state of divine favor and well-being that transcends mere happiness. Jesus’ use of “blessed” emphasizes a profound, spiritual contentment rooted in a relationship with God, rather than in external circumstances.

### The Meaning of “Blessed”

In the Old Testament, the Hebrew word often translated as “blessed” is “barak.” This term appears frequently in contexts where God’s favor and protection are invoked or recognized. For example, in Psalm 1:1, “Blessed is the man who does not walk in the counsel of the wicked,” the term implies a state of well-being that comes from living in accordance with God’s will.

In the New Testament, “makarios” extends this concept, focusing on the spiritual state of those who embody the values of God’s Kingdom. The Beatitudes describe those who are “poor in spirit,” “mourn,” and “hunger and thirst for righteousness” as blessed—not because of their circumstances, but because of their alignment with God’s Kingdom values.

### Related Themes

**Law vs. Grace:** The Ten Commandments present God’s rules for right living, emphasizing obedience to maintain a covenant relationship with God. The Beatitudes emphasize grace, inviting individuals into a transformative relationship with God that redefines righteousness.

**External vs. Internal:** The Commandments focus on external behaviors and societal laws. The Beatitudes focus on internal attitudes and spiritual states, promoting an ethic that originates in the heart.

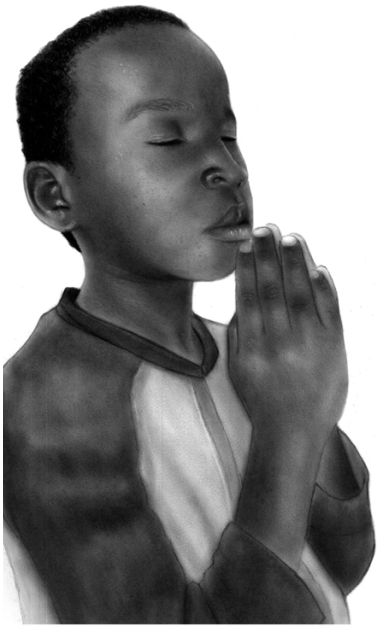
**Covenant vs. Kingdom:** The Commandments establish the terms of the Old Covenant between God and the nation of Israel. The Beatitudes intro-

duce the values of the New Covenant and the Kingdom of Heaven, extending God’s invitation to all humanity.

### An Example from Africa

In many African cultures, traditional practices and communal laws dictate behavior and maintain order. For instance, the concept of “ubuntu” in Southern Africa emphasizes communal relationships and mutual care. Ubuntu, often translated as “I am because we are,” focuses on the external practice of living harmoniously within a community.

However, the teachings of the Beatitudes invite a deeper, internalized approach to ethics. An example can be drawn from the story of Wangari Maathai, the Kenyan environmental activist and Nobel Peace Prize laureate. While external actions like planting trees and advocating for environmental conservation were crucial, her motivation was deeply rooted in a spiritual and ethical transformation. Maathai’s commitment to stewardship of the earth and justice was driven by a profound inner conviction about



the interconnectedness of humanity and creation.

This shift from external communal practices to internal ethical transformation aligns with the Beatitudes' emphasis on heart attitudes. Just as Maathai's internal values propelled her external actions, Jesus calls His followers to let their inner spiritual state reflect outwardly in their conduct.

### Practical Implications

Understanding the Beatitudes in contrast to the Ten Commandments has profound implications for Christian living. It shifts the focus from mere rule-following

to cultivating a heart aligned with God's values. This internal transformation fosters a deeper, more authentic relationship with God and others.

The Beatitudes and the Ten Commandments represent two foundational yet distinct approaches to understanding God's expectations for His people. The Ten Commandments provide a framework for righteous living through obedience to God's laws. Meanwhile, the Beatitudes invite believers into a deeper, more transformative experience of God's Kingdom, characterized by internal change and spiritual blessing. Together, they offer a comprehensive picture of the journey toward holiness and relationship with God.

By exploring these two biblical teachings, we gain a richer understanding of the ethical and spiritual demands of the Christian life, inspiring us to pursue both external obedience and internal transformation.

“ **Blessed** are the **poor in spirit**,  
for *theirs is the kingdom of heaven.*

**Blessed** are **those who mourn**,  
for *they will be comforted.*

**Blessed** are **the meek**,  
for *they will inherit the earth.*

**Blessed** are those who **hunger and thirst for righteousness**,  
for *they will be filled.*

**Blessed** are the **merciful**,  
for *they will be shown mercy.*

**Blessed** are the **pure in heart**,  
for *they will see God.*

**Blessed** are the **peacemakers**,  
for *they will be called children of God.*

**Blessed** are those who are **persecuted because of righteousness**,  
for *theirs is the kingdom of heaven.* ”

-Matthew 5:3-10

### 3 The Key to the Commandments

Love the Lord your God

Watch the video [Love and the Commandments](#)

God's love is the source and foundation for all other loves. But the human heart is bent towards selfishness. What does it look like to receive and overflow with love towards God and towards our neighbors?

#### Bible Study Method

A practical way to study the Bible is to follow these three steps:

**Look:** What does the text say?

**Learn:** What does the text mean?

**Live:** How do I respond?

In your group, read aloud Matthew 15:1-20  
Study the passage by following the three steps:



**Look:** Read carefully and gather the facts from the text. Ask questions like Who? What? Where? When? Why? and How?

**Learn:** What misunderstanding or false belief does Jesus address? What does Jesus teach in this passage about God, God's commandments, and our hearts?

**Live:** Where is your heart now and how can you draw nearer to God? How can you apply what you've learned in this passage to your everyday life? What steps is God calling you to take?



#### Habit: Nyimbo za Mapenzi (*Love Songs for a Savior*)

The world is full of love songs. The Bible is too. Take the Psalms for example. David as well as Moses composed love songs to God, the Savior. This week, read Exodus 15:1-20 and Psalm 90. What would it look like to ask God to satisfy you each morning with His steadfast love and to be led daily by His unfailing love?

*"You shall love the Lord your God. . ."*  
-Matthew 22:37



## Action Assignment

Read and reflect on the following article  
by Rev. Agnes Langat Ngeny



### The Great Commandments

In Matthew 22:34-40, Jesus recounts the need for humanity to love God wholly and completely as the first and greatest commandment. The second commandment is loving neighbor as self.

The book of Genesis gives a detailed account of God's intention in creating man - for fellowship. The tragic event in Genesis chapter 3 upsets the beautiful relationship in which Adam and the rest of humanity would live and thrive.

Verses 8-9 report that "... they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man and said to him, 'Where are you?'. God intended for man to be in communion with God, and that relationship would impact how man related to his fellow

man.

I recall a very devastating situation in Kenya in 1992- the tribal clashes preceding the country's elections. This year stuck with me because I saw and experienced horrific scenes. I witnessed so many people killed, and my family and many others had to hide in bushes in the night for fear that our houses would be destroyed by those we considered 'the enemy.'

The people we called 'enemies' at that time were neighbors who lived next door, kids we played with, and worse, members who went to the same church. It was hard to imagine that people we shared so much so closely had become enemies so suddenly. They only became the 'enemy' because they spoke a different language from us.

### Being Known for Love

Traces of such animosity find their way into churches each time the country nears national elections. The narratives of 'they'

*"By this everyone will know that you are my disciples, if you love one another."*

*-John 13:35*

and 'us' even in the church make one wonder: what became of love? What became of the church's witness? In John 13:35, Jesus echoes that disciples will be known because of their love for one another.

### What Really Matters

Back to Matthew 22:34-40, the experts of the law conspired to trick Jesus by asking what the greatest commandment is. Jesus shattered their religiosity and law bubbles, pointing to what really matters in the Kingdom of God. Jesus said obedience to God's command means loving God completely and loving one's neighbor. The experts of the law had tons of laws under their belts, but their lives and character did not mirror the intent of the Giver of the Commands.

Jesus simplifies what a relationship between God and

man looks like: it is not meshed within a law or laws but love. Love does not negate the law but enables free and joyful obedience to the Law Giver and harmonious relationships with those created in the image of God. When Christians love God completely, they transcend tribal and ethnic divisions, political boundaries, economic biases, philosophical divergence, and many more things that seek to separate humanity.

Like in the parable of the good Samaritan in Luke 10:25-37, Christians will respond to God's love by:

- Loving others unconditionally.
- Being moved by the things that move the heart of God-making disciples of all nations.
- Being grieved by that which violates the law of God: sin.
- Pursuing God with all of their being.
- Being willing to give up all for the sake of the Kingdom of God.



*“So all the people took off their earrings and brought them to Aaron. He took what they handed him and made it into an idol.” -Exodus 32:3-4*

## 4

## First Things First

You shall have no other gods before me

Watch the video [Putting God First](#)

Israel was called to a special relationship where they would live as God’s chosen people and reflect God’s character and commands to the nations. We are also called to put God first in our lives and reflect His love and nature to the world. But this is not easy. We’ll need God’s grace and help hour by hour and day by day. The principle of putting God first is reflected in the first three of the Ten Commandments. We’re called to worship the one true God, avoid idolatry, and honor God and His name.

Read aloud Exodus 19:3-8 and then 32:1-16



### Discussion Questions

- How does God describe the way He rescued His people?
- What was God’s plan for the people He had rescued? What roles were they to play in the world?
- Why did the Israelites give up on God, disobey His laws, and decide to make their own idols?
- What was to be the punishment for Israel for breaking God’s covenant and how did Moses intervene?
- Has someone ever intervened and rescued you when you had broken the law?



### Habit: Kutambua Sanamu (*Identifying Idols*)

What idols do you have in your life? After reading the *Action Assignment* (pages 21-23), make a list of people or things that you tend to put before God. Pray through your list and surrender each one to God. Ask God to help you order your life in a proper way so that God is in first place and so that He can be at the center of each of your relationships, activities, and ambitions.



## Action Assignment

Read and reflect on the following article  
by Aseka Taabu



### No Idols Allowed

Despite the clear truth, each of us can easily fall into the idol trap. As some do, we may actually worship idols of stone, metal or clay. However, many of us worship other idols such as money, power, prestige, others, and even ourselves. Idol worship of any kind will lead us away from the fulfilled life in Christ.

We are living in a time of unprecedented progress. By ushering in unparalleled connectivity and technological advancement, the 21st century will go down in history as one that revolutionized how we live. While this has improved our quality of life, it has brought its fair share of drawbacks. Unlike the past, it seems as though the current era is teeming with enticements. The allure of prevailing trends and fads, or the desire to own, achieve, or acquire not only to entice us, but can also pull us away from what truly matters in life.

Despite knowing who we ought to follow or the path we ought to take, the enticements that excite our appetites, especially in this generation, seem to be clouding our judgment. Thus, most of us are finding ourselves, unknowingly, careening towards the path of idolatry. We are replacing our devotion and commitment to God with underserving pursuits.

### A History of Idolatry

Looking at it from a traditional and somewhat ancient standpoint, idols were depicted as statues made from physical objects such as stone, wood, clay, or gold. These objects, which took the place of God, attracted God's wrath and punishment. As it were, and still is, the practice of idolatry was the ultimate expression of man's unfaithfulness to God. And because of this, it attracted severe divine punishment. To avoid God's wrath, people sought to avoid anything depicted in Biblical history to be associated with idols.

*“My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.”*

*-Jeremiah 2:13*

Although we have, to some extent, avoided the physical idols depicted in biblical times, a new form of idolatry has emerged. Compared to the sculptures of old, the modern form of idols have taken on new forms that are subtle and deceptive. These idols attract the wrath of God and make it impossible to lead lives that glorify Him.

If you read through the books of the 1st and 2nd Kings, one of the main themes is a comparison of good kings versus bad kings. Any casual reader will note that bad kings were products of idol worship while good kings were products of worshipping the One True God, YAHWEH. Whereas bad kings devastated their king-

doms, good kings restored the order as established by God.

### Reorienting Our Lives

In the same vein, idol worship, regardless of whether it is modern or ancient affects the very core of our lives. Just like the kings of old, idol worship sets us on a path to destruction. For this reason, we need to reorient our understanding of idols and ways we can avoid falling into the trap of idol worship.

John Calvin, in his seminal work, the *Institutes of the Christian Religion*, put it this way, “Man's nature, so to speak, is a perpetual factory of idols.” Left unchecked, even Christians hold onto idols dressed as ‘good things or good pursuits’ which end up taking first place in their hearts. When we replace our loyalty to God with the pursuit of fame, academic pursuits, wealth, politics, and so on, we end up worshipping idols rather than God.

Idol worship, in this regard, is not just the worship of images, rather it is the misdirection of our worship. It is akin to embracing something or someone, other than God as our ultimate

source of security, salvation, or hope. For instance, if you peg your life on academic pursuits, accumulation of wealth, politicians your spouse, or even children instead of God, most likely you're idolatrous. As pointed out by prophet Jeremiah in 2:13, you are falling into the sin of forsaking God, the spring of living water, and digging your cisterns, broken cisterns, that cannot hold water.

### First Things First

To put this into its proper perspective, the author C.S. Lewis wrote in his book, *The Four Loves*, "We may give our human loves the unconditional allegiance which we owe only to God. Then they become gods: And then they become demons. Then they will destroy us, and also destroy themselves. Natural loves that are allowed to become gods do not remain loves. They are still called so, but can become complicated forms of hatred." In other words, those things that we allow to become gods in our lives, will ultimately become demons that will in the end destroy us.

In conclusion, for us to lead significant and productive lives it is imperative for us align our purpose, devotion and pursuits with our Creator. C.S. Lewis summed it up so well, in a letter to Dom Bede Griffiths in 1951, when he put it this way, "Put first things first and we get second things thrown in: put second things first and we lose both first and the second things."

The secret of living a productive life as a Christian lies in putting God first and seeking to know Him. Striving to know God and living in line with His desires, will ultimately orient us towards Him alone and nothing else. In the end, our security shall not be in the things and pursuits of the world; rather, it will be in the One who owns everything on earth. And that is where we shall find safety, peace, and rest.



## Identifying Idols

*Are there people or things in your life that you tend to give priority to rather God? What would it look like to put God in first place?*

### Make a List of Your Potential Idols:

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### Prayer:

Forgive me Father for putting my hope and trust in people or things instead of in You. Forgive me for failing to give you my best and fullest devotion. Forgive me for my idolatry. I surrender any idols in my life to You and ask that You would cleanse me. Take charge in my life and help me to put You in first place. Bring everything in my life into Your perfect order.



*“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. -Exodus 20:8-10*

## 5

## A Balanced Life

Remember the Sabbath day, to keep it holy

Watch the video [Keeping the Sabbath Holy](#)

God instituted the Sabbath rest at the beginning of creation by resting on the seventh day. We're created for a sabbath rest each week. When we ignore this physical, intellectual and spiritual fact, we reap the consequences of fatigue, spiritual drifting, and other side effects of not living according to the way God made us. Sabbath reorients our hearts and lives to worship a holy God.

Read aloud Exodus 31:12-18 and Matthew 12:1-13



### Bible Study

- According to Exodus 31, why did the LORD instruct the Israelites to observe the Sabbath?
- Why do you think the Old Testament punishment for failing to observe the Sabbath was so severe?
- How does Jesus transform our understanding of the Sabbath?
- Do you have a church home? Share with your group what your church means to you?
- What does sabbath rest and worship look like for you?
- How would you like to grow in your practice of the Sabbath?



### Habit: Kuadhimisha Sabato (*Practicing the Sabbath*)

This month make an extra effort to set aside time and space for Sabbath. If you're not part of a church community, now is a good opportunity to get connected and engage with a local church. Invite God to help you to remember and to keep the Sabbath holy.



## Action Assignment

*Read and reflect on the article and testimony  
by Asherrey Wesonga*



### Celebrating the Sabbath

To *remember the Sabbath* is to set aside a day of rest, a day away from our routine jobs and other activities for the purposes of worshiping God not just individually but also in the company of other believers. To *keep the Sabbath holy* is to dedicate it, consecrate it or make it sacred for God.

In our busy world it's important to have intentional time to rest, first for an ordinary reason, the human body will automatically burn out if it doesn't get rest. Second, because as believers we are commanded in Exodus 20:9-11 that "six days you shall labour but the seventh-day is a sabbath to the Lord your God, on it you shall not do any other work."

### What Sabbath Means to Me

For me, the Sabbath is a day for worship and fellowship with other believers. I integrate rest with spiritual nourishment into my life each week by constantly engaging myself in prayer,

reading the Holy Bible and sometimes fasting. Rest is an opportunity to spend time with the Almighty God.

Being part of a local community church is essential for me because the community of believers supports my spiritual growth, helps keep me in check in my walk of faith to avoid regression or backsliding, and also encourages me to soldier on in my spiritual journey.

It is very important to worship God together in a community because believers are our support system in times of difficulties. Believers are also gifted differently and therefore we need each other as the body of Christ.

I would encourage everyone to seek God's rest, holiness and refreshment in their lives by devoting their time in daily prayer and scripture reading, and also spending time with other believers to enable them be edified in Christ.



## Reflection

*Read and reflect on the article and testimony  
by Christine Ochieng'*



### Experiencing God's Rest and Refreshment

Sabbath doesn't mean I shouldn't have fun; it should be a delight. Remembering the Sabbath and keeping it holy can involve going to

*"And on the seventh day  
God finished his work  
that he had done, and  
he rested on the seventh  
day from all his work  
that he had done"*

*- Genesis 2:2*

church, fellowshiping with my brothers and sisters afterward, spending time with God in prayer, and worshipping Him.

The spirit of Sabbath is to rest and worship God. It's crucial to intentionally set aside time for rest; otherwise, we can become slaves to our work. Even God, in Genesis 2:2, finished His work and rested on the

seventh day from all His work. This day serves as a memorial of God's creation.

Instead of putting my work life against my spiritual life, where one steals from the other, I've been working towards integrating the two. I make sure to have a playlist on my way to work and listen to sermons during breaks in my workday.

Being part of a community is essential, as Hebrews 10:25 reminds us: "not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." This accountability within a community is crucial.

I encourage you to seek God's rest, holiness, and refreshment, as these are biblical principles to follow. Remember, Sabbath was made for humanity, not humanity for the Sabbath.

Watch the video [Family Lessons for Life](#).

Parents come in all shapes and sizes. Some of us have birth parents or adopted parents. Others may be raised by grandparents. Regardless of our situation, God calls us to honour our parents – the people who brought us into the world and raise us from childhood through adulthood.

Read aloud Exodus 18:1-27



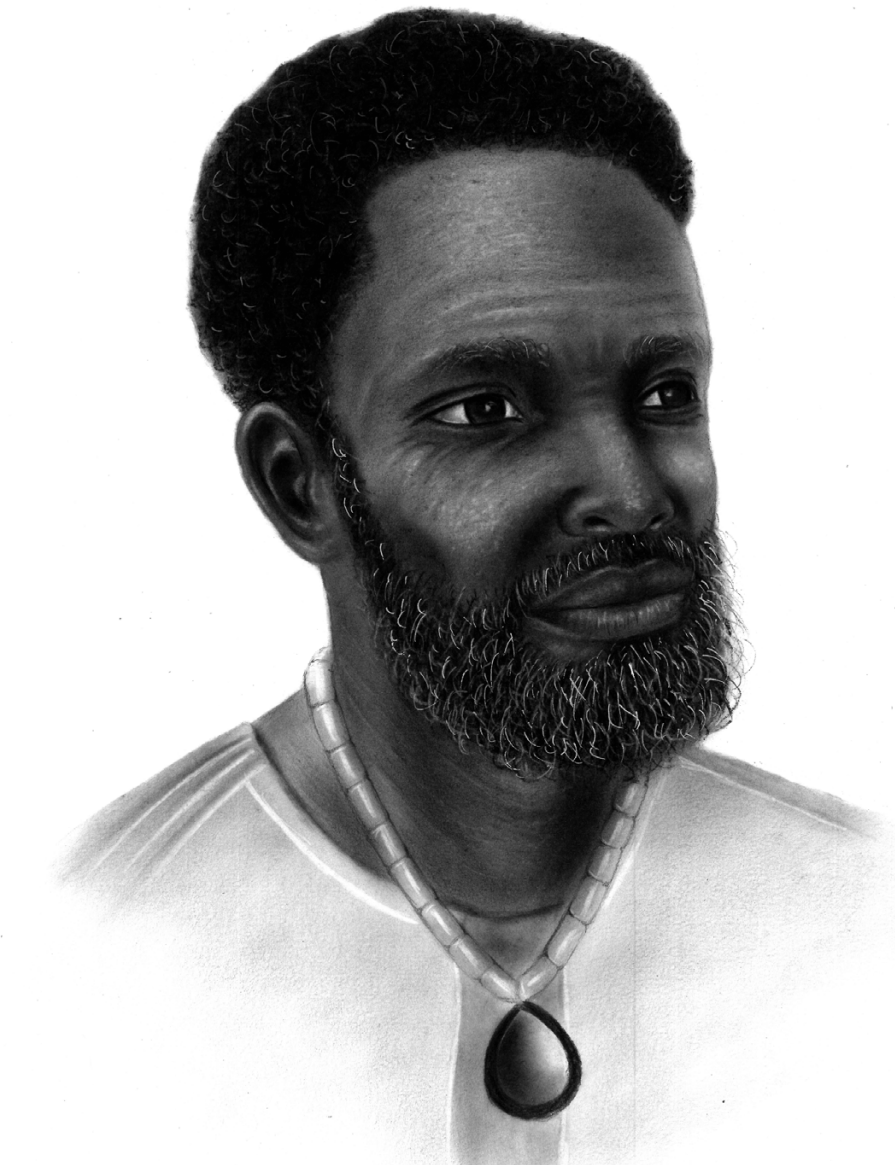
### Bible Study

- Who are Moses' family members described in this chapter?
- While Moses was leading the Israelites out of Egypt, his wife and children went to stay in Midian. Why do you think Moses may have sent them home?
- What was Zipporah's relationship like with her father? What was Moses' relationship like with his father-in-law?
- How did Moses learn from and show respect to his father-in-law?
- How did Moses, Zipporah and their family experience God's blessing?
- Take turns sharing with your group about your family.
- Pray for one another and for your families.



### Habit: Mapenzi ya Familia (*Family Love*)

Ask God to help you show honor and affection to your family members this week. If possible, reach out to your parents and thank them for the role they have played in your life. Consider also reaching out to someone who may be lonely or without a family. Ask God to help you to be a blessing to others. (See Romans 12:9-18).



*“Now Jethro, the priest of Midian and father-in-law of Moses, heard of everything God had done for Moses and for his people Israel” -Exodus 18:1*



## Action Assignment

Read and reflect on the following article  
by Rev. Agnes Ngeny Langat



### Spirit-Filled Living

Ephesians chapter six highlights some of the practical outcomes of being filled with the Holy Spirit. In Ephesians 6:1-3, Scripture says: “Children, obey your parents in the Lord, for this is right. Honor your father and mother”—which is the first commandment with a promise— “so that it may go well with you and that you may enjoy long life on the earth.” This passage echoes Exodus 20:12: “Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.”

These two texts define a biblical design for family relationships in which children have a responsibility to their parents. Additional references focusing on children honoring, obeying, and respecting their parents include Proverbs 13:24, Leviticus 19: 3, and 1 Peter 2:17.

### A Timeless Truth

While growing up in a patriarchal society in Eastern Africa, obedience to parents was non-negotiable. We were taught from an early

age that we should obey our parents and any other person who was older or in a position of authority without question. Whether or not we agreed with whatever they instructed us to do, we did it anyway.

Although this forceful obedience instilled in us a sense of respect for older folks, many children suffered in silence under ungodly parents who made ungodly dictates on them. A lot has changed, and today, children demand to know the “whys” for whatever they are told to do by their parents. With this said, the command for children to obey their parents in the Lord transcends time and culture. It is a timeless truth and a moral obligation.

According to the Oxford Dictionary, obedience means compliance with an order, request, law, or submission to another’s authority. What Ephesians 6 reveals is not blind obedience to authority but an obedience that

stems from a life yielded to the Lordship of Christ. No wonder the command in this passage highlights two things about obedience: (i) in the Lord and (ii) the first command with a promise.

### Obedience in the Lord

The Ten Commandments reveal who God is and how humanity should relate to

*“Children, obey your parents in the Lord, for this is right.”*

the Holy God. The relationship between God and man is meant to shape family life. Tim Keller says, “It’s respect for your parents that is the basis for every other kind of respect and every other kind of authority.” Ephesians 6 points out that Spirit-filled children obey their parents so that they honor the Author of the family institution. Obedience to parents encompasses serving them, loving them, being actively involved in their lives, seeking their advice, speaking truthfully, offering compliments, forgiving them, praying for them, and being mind-

ful of one’s reactions toward them. Furthermore, obedience involves respectfully discussing with one’s parents when one believes their parents’ requests may not align with God’s will.

### A Command with a Promise

For the believer of modern times, the promise of land because of obedience to the old covenant translates to Ephesians 6: 3: “So that it may go well with you and that you may enjoy long life on the earth.” The Bible has examples of children whose lives were scattered because of disobedience. I Samuel 2:12-17, 22-25 is an account of Eli’s sons, Hophni and Phinehas, who disobeyed their father Eli and committed sins leading to their downfall. There are many examples today of children who are in despair because of disobeying their parents. One of the most painful experiences I have had as a pastor is to conduct funeral services of young people whose lives were cut short because of disobeying God’s Word and their parents. Obedience to parents stemming from a Spirit-filled life leads to a good life in the present and an everlasting reward of being in God’s presence.

Watch the video [Dealing with Anger](#)

While you may have not committed murder, more likely than not you've harbored murderous thoughts. Jesus gets to the essence of the issue - the sin of cultivating hatred in our hearts. He teaches that our hearts and minds need to be transformed. Let's explore this more together:

Read Matthew 5:21-26 and Matthew 5:38-48



### Discussion Questions

- How does Jesus address the command not to murder?
- How can anger lead us to hurt others?
- Why do you think Jesus encourages us to make reconciliation a priority and urges us to settle any disputes quickly?
- How does Jesus call us to respond to our enemies?
- What did loving His enemies look like for Jesus during His life?
- How does God heal our relationships as He transforms and heals our hearts and minds?

### Opportunity

If you've never asked God for forgiveness, would you turn to God in prayer now? Confess your sins and your need for God. Ask God to forgive you and look on you with mercy because of Jesus and what Jesus did on the cross.



### Habit: Mwenye Utulivu (*Living as a Peacemaker*)

Are you harboring anger or bitterness in your heart? Is there anyone you need to forgive or ask forgiveness from? Speak to God about your situation in prayer, and ask Him to guide you. This week seek to be a peacemaker.

*"The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. Then the Lord said to Cain, 'Why are you angry? Why is your face downcast?'" -Genesis 4:4-6*



## Action Assignment

*Read and reflect on the article  
by Rev. Joyce Tonui*



### Is Anger Sin?

There is a lot of anger in the world and some of it is justifiable. Right from the beginning of time anger and jealousy led to the very first murder. Anger often is regarded as “justifiable” and “acceptable.” Feelings of anger and unforgiveness may often seem justified. Feelings are not necessarily bad; however, the consequences can be dire. We have to harness our feelings and control them before they lead us to paths we never wanted to go.

### The Importance of Forgiveness

Dealing with anger and unforgiveness will often go contrary to our nature. Holding on to anger and unforgiveness will often leave us feeling gratified. But forgiveness is a command, and the Bible commands us to get rid of all bitterness (Ephesians 4:31), yet as Christians we wish we could obey only the commandments that best suit us. We think that if we forgive, if we are not feeling ready for it then we are being hypocrites. But anger and unforgiveness bear fruits that are unpleasant. They destroy

communication lines and have detrimental effects on both our health and our general wellbeing. We tend to justify our angry outbursts so as to avoid taking personal responsibility.

### God’s Mercy and Ours

The parable of the unmerciful servant in Matthew 18:21-35 is a classic example of the consequence of unforgiveness. The servant had been forgiven of a great offense and instead of being grateful and extending the same grace to his fellow servant, he arrogantly has the poor fellow thrown into prison. He forgot to extend that which he had received freely to others. As a consequence the forgiveness that he had been offered was withdrawn.

When Jesus taught us to pray he wanted us to understand that the forgiveness that is offered to us is contingent on us extending forgiveness to others; “forgive us our trespasses

as we forgive those who sin against us.” (Matthew 6:12)

How then do we deal with anger and unforgiveness? I invite you to consider the following approach to dealing with anger and being “made new in the attitude of your minds.” (see Ephesians 4:22-32). While some of these steps can take time, it is important that we do our part and allow God to work.

### Five Steps to Forgiveness and Healing

1. Acknowledge that holding onto anger and unforgiveness is a sin that needs repentance.
2. Repent of the sin.
3. Allow God to bring healing in your heart and to help you.
4. Accountability: look for a friend who can help keep you accountable in your journey of healing.
5. Identify what triggers your feelings of anger and purpose to distance yourself from them or deal with them in a healthy and god-honoring way.

### Read Ephesians 4:22-32

*You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.*

*Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.*

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*



## Reflection

*Read and reflect on the article  
by Rev. Grace Bukachi*



Peter asked a question for all of us in Matthew 18 when he said: “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”

Peter thought he was being very generous by offering to forgive up to seven times, but Jesus responded by saying “I tell you, not seven times, but seventy times seven.”

Jesus teaches us that we are to keep on forgiving. God’s forgiveness is continuous, overflowing, and as God forgives us, He expects us to forgive others.

### The Strength to Forgive

I understand that you may be suffering because someone has hurt you deeply. And the pain is very real. But rather than stewing and simmering on that pain, would you turn to Jesus? Ask Him to carry it for you. You see Jesus not only asks us to forgive, He teaches us how to do it. He says “come, give me your pain,

your heartache, your suffering, your sin” and then He not only forgives us, He gives us His Holy Spirit to comfort us and to help us to forgive others. Even when He was hanging on the cross, suffering terrible pain and total injustice, Jesus said, “Father, forgive them. . .” Then, after His death and resurrection Jesus gave the Holy Spirit, the Comforter, so that God’s power could take reign in the lives of His followers and help them live as God desires.

### Dealing with Repeat Offenders

Forgiveness is not easy. It is very costly. Maybe you live with a spouse who has been unfaithful or is constantly taking the family deeper into debt. Maybe you have a business partner and they’ve lied to you repeatedly. Or maybe you’ve been slandered, mistreated, or abused. How do we deal with serious or repeat offenses and offenders? The answer is simple. It is also very hard: Forgive.

*“forgive our sins as we  
forgive those who sin  
against us.”*

*-Matthew 18:27*

When you forgive, it’s God’s love and the power of the Holy Spirit enabling you to carry on. As you forgive, God can help you to love without repaying evil for evil or insult for insult, but instead offering a blessing. When we live a life of forgiveness we can walk confidently. We can know that we are forgiven and loved by God, and we can offer God’s love and forgiveness to others.

Sometimes we need help in this journey of forgiveness. If you are struggling to forgive, don’t try to walk the journey alone. There are Christian counselors who can help you. There may be a pastor or a friend who can encourage you through God’s Word in this space. If you’re married and need help in your relationship, consider therapy with a biblically trained counselor. Maybe you need a friend or a mediator to help you walk through a challenging situation or relationship.

### Creating Space for Healing

Sometimes separation may be important. Somebody who is in an abusive situation may need to get themselves physically out of that situation and have time and space for healing or to deal with pain or trauma. It may be necessary to have a season of separation and then, God-willing, after that season to come back together with therapy and counseling and whatever support is necessary to bring about reconciliation.

Even if the other person is unresponsive or has the wrong attitude or doesn’t seem worthy of your forgiveness, forgive. Don’t fall into the trap of resentment, bitterness, or a desire for revenge. Do your part. Even if they won’t listen to you, offer your forgiveness to the Lord and pray for the other person. Ask the Lord to strengthen you—to give you His strength to love and to forgive. Forgiving means letting go, turning around and saying, Lord I give you this issue, I totally let go. Forgiveness gives freedom. Forgiveness brings healing.



*“At the beginning the Creator ‘made them male and female,’ and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’” -Matthew 19:4-5*

8

## Love, Lust, and Godly Relationships

You shall not commit adultery

Watch the video [Love, Lust, and Godly Relationships](#)

The commandment not to commit adultery is not designed to take away the pleasures of life, but rather to help us enjoy the beauty of sexuality in marriage as God created it. The commandment also protects the family as it helps create stable marriages and homes in which children can grow up knowing that their mom and dad are committed to one another and to them.

Read aloud Matthew 5:27-28 and Matthew 19:1-9



### Discussion Questions

- How does Jesus address the heart of the seventh commandment?
- What does Jesus teach about marriage and divorce?
- What is your understanding of God’s design for sexuality and marriage?
- How can we face the many temptations, challenges and misunderstandings about marriage in our world today?
- Take turns sharing as you feel led and pray for one another’s marriages, families, and relationships.



### Habit: Kufunga (*Fasting*)

Fasting means to temporarily give up something, such as food, in order to focus on prayer and our relationship with God. Fasting can help us learn self-control by putting our desires and cravings in check. But more than that, fasting reminds us that God is the ultimate source of our satisfaction, and it teaches us to delight in Him and receive His gifts with thankfulness.



## Action Assignment

Read and reflect on the following article  
by Rev. Harrison Mungai Macharia



### Created to Love

When God created Adam, He placed him in the Garden of Eden to work it and to keep it. But since Adam was alone, God made Eve, a helper fit for him. When God brought her to Adam, he was filled with joy, and out of deep and genuine affection toward her, he said, ‘This at last is bone of my bone, and flesh of my flesh.’ This deep and genuine affection of Adam toward his wife Eve was love. Genesis 2 is indeed the clearest display of how marriage was meant to be. It was meant to be a relationship marked by love and faithfulness, exclusively between one man and one woman as designed by God, for His service and His glory. It was meant to be a relationship designed by God, governed by God’s Word, and reflecting God’s relationship with His people.

### Forbidden Fruit

But this loving relationship between the man and the woman, designed by God, and governed by His Word, did

not last. When Adam and Eve disobeyed God by eating the forbidden fruit, sin entered the world and ruined the perfect creation of God. The loving relationship between man and woman was not spared. As a result of the fall, lust, homosexuality, divorce, polygamy, adultery, rape among other forms of sexual immorality entered the institution of marriage. Through these, God’s Word has been disregarded, love distorted, marriage corrupted, and God dishonored. Instead of the beautiful gift of marriage, sexual immorality is accepted and celebrated in the world today. In such a context, how should God’s people live? Should we try to escape the world or should we conform to the world? As believers, neither escapism nor conformity is an option. During such changing times as these, believers must hold on to the unchanging Word of God.

Since the fall, God has clearly and repeatedly called His people

to stand firm in His Word and to live differently from the world. One of such instances when God called His people to live differently is recorded in Exodus 20. In this chapter, God called the people He had saved for Himself to live like His people, and not like the rest of the world. He did so by giving them the 10 commandments. In a context like ours where love is distorted and God’s design for marriage is corrupted, God commanded His people in Exodus 20:14 that, “You shall not commit adultery.”

*“everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.”*

*-Matthew 5:28*

### The 7th Commandment

In this commandment, God called His people away from distorted views of marriage, back to the original design of marriage. Instead of unfaithfulness in marriage, God’s people were to return to God’s original design for marriage, governed by His own Word. Their relationships

were to be marked by love and faithfulness, exclusively between one man and one woman in a marriage covenant, as designed by God, for His own service and glory. In other words, the people of God were to have godly relationships, based on the design of God, rooted in the Word of God, and aimed at the service and the glory of God. This was the point of the 7th commandment.

### Purity of Heart

This commandment was further clarified by Jesus in Matthew 5:27-28 during his Sermon on the Mount. In this passage, Jesus said, “You have heard that it was said ‘You shall not commit adultery.’ But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.” Here, Jesus made it clear that the 7th commandment was not just limited to sexual affairs outside marriage, it included even lust. Through this clarification of the 7th commandment, Jesus made it plain that the people of God are not only called to

faithfulness in marriage, but also to purity of heart.

The commandment extends beyond the boundaries of unfaithfulness in marriage, into the secret desires and thoughts of the heart. It encompasses both faithfulness in marriage and purity of the heart. This truth is well captured in the answer to the 11th question of *The New City Catechism*. Here, it is clear that in the 7th Commandment, God requires “that we abstain from sexual immorality and live purely and faithfully, whether in marriage or in single life, avoiding all impure actions, looks, words, thoughts, or desire, and whatever might lead to them.”

### Faithful Love

At a time when sexual immorality is accepted and celebrated, those who have been saved by God must abstain from sexual immorality and live in purity and faithfulness. We must pursue godly relationships, as designed by God, governed by His Word, modeled by Christ’s relationship with His church, and aimed at the service and glory of God. Rather than self-serving, such relationships

must seek the good of one another and the glory of God. They must be marked by love not lust, and rooted in the gospel, not culture or feelings.

Unfortunately, rather than pursuing godly relationships, marked by love and rooted in the gospel, some believers have given in to lust. In an attempt to sanitize and normalize lust, some have given it names such as “Chemistry” and “Compatibility,” and used it as the basis for relationships. As a result, many have disregarded God’s Word, and entered into ungodly relationships, which often end in pain and tears. At such a time when lust has become the basis of relationships, believers need to be reminded of the 7th commandment. We must be reminded that the gospel must be the foundation of godly relationships, and that such relationships are marked by faithfulness, purity and love.

But who can perfectly keep the 7th commandment, as clarified by Jesus? Sadly, we are all unable to perfectly obey this commandment. But praise be to Jesus who perfectly obeyed

all the commandments, including this one. Through His obedience, we can be saved from the penalty of our disobedience. And for those who are in Christ, who perfectly obeyed this commandment, we are called to obedience. We must seek godly relationships and marriages, marked by love and faithfulness, designed by God

and governed by His Word, for His service and glory. And since we often fail, we must ask the Lord to shine the light of the gospel daily in our hearts to expose our adultery. And as He exposes our adultery, we must repent and look to Jesus for help daily to pursue godly relationships.



**Illustration:** As a bride and groom make a commitment to one another and choose to put Christ at the center of their marriage, they begin a journey of drawing nearer to God and to one another. The boundaries of their marriage provide a safe place for their love and friendship to grow and create a sanctuary for children that the Lord may provide. By relying daily on God’s grace, their marriage grows in love, respect, communication, understanding, and fruitfulness.

You shall not steal. You shall not bear false witness.

Watch the video [Honest Work and Honest Living](#)

Imagine a world in which there was no stealing or lying. You could trust people at their word and never worry about someone taking something from you. There would be no robberies, theft, or stealing so you wouldn't need to lock things up. You would never have to doubt what anyone said as they'd be speaking the truth. Jesus gets to the heart of lying in Matthew 5:37 when he says "Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil." In other words, when we're able to just deal honestly with the facts, we avoid much evil.

Read Exodus 20:15-16 and Matthew 7:15-27



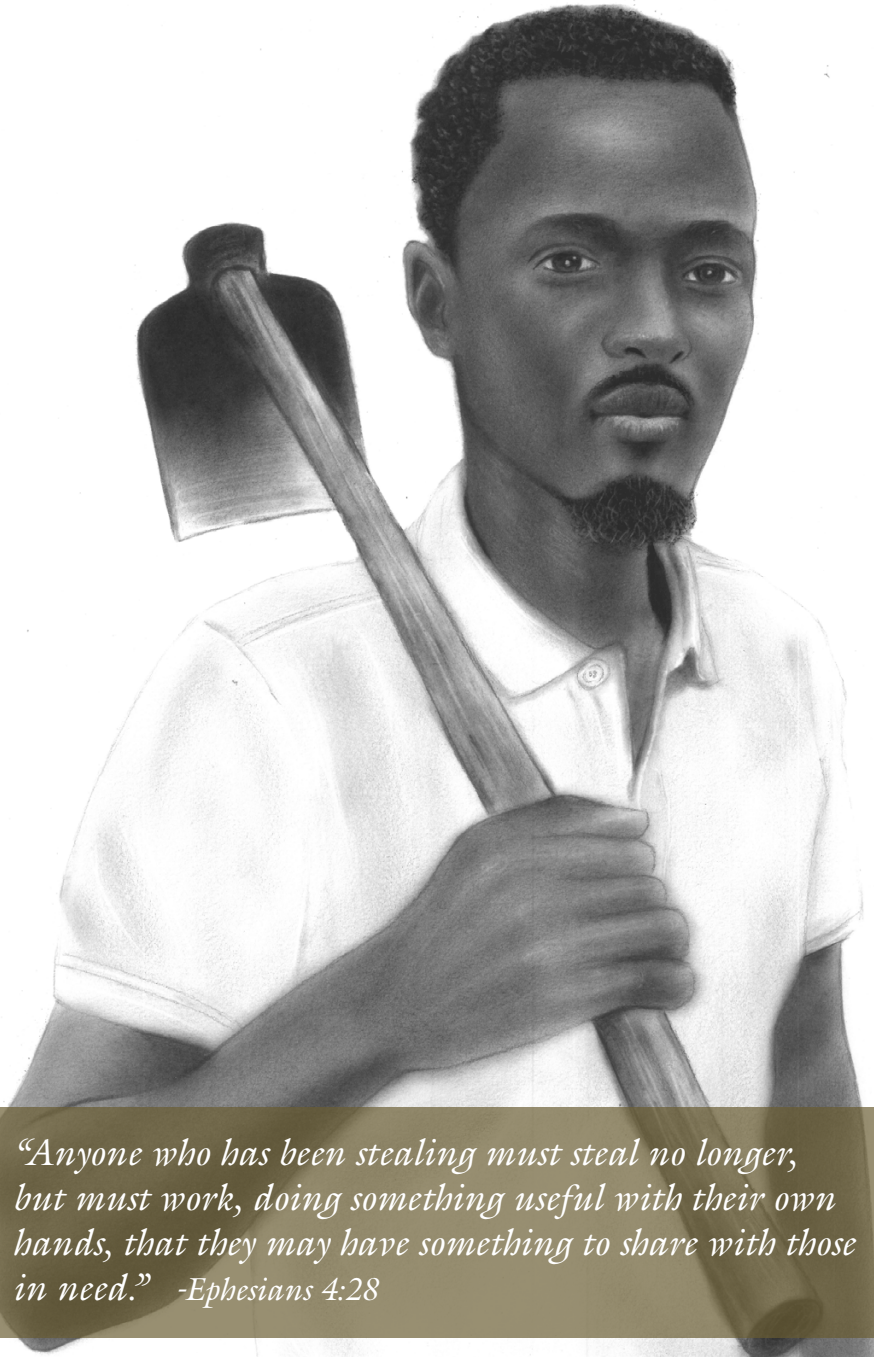
### Discussion Questions

- What are some benefits of honest work and honest living?
- Why do you think lying and stealing are so common in our world?
- Jesus points out that not only our words but our actions, outputs, and ultimately our relationships are what matter. How does Jesus distinguish between true and false disciples in these verses?
- How does God's Word provide us with a solid foundation to build our lives on?
- Reflect on the message from the video. Discuss and pray with one another about how God is calling you to respond.



### Habit: *Uwajibikaji (Accountability)*

This week make a list of the ways in which you use your time and money. How is God calling you to live and work with honesty? Share something you've learned this week with a Christian friend who can help you be accountable and encourage you in God's ways.



*"Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need." -Ephesians 4:28*



## Action Assignment

Read and reflect on the following article  
by Rev. Harrison Mungai Macharia



### A Self-Centered World

We live in a time marked by selfishness and self-centeredness of the highest order. Many people pursue their own joy and satisfaction, without concern or care for others. Most people live to please themselves no matter the cost – even as others are hurt and lives ruined. This kind of self-centeredness appears in how people work and live with their neighbors. Through corruption and theft, people accumulate wealth for themselves at the expense of others. And through lies, people have ruined the lives of others to preserve their own. Unfortunately, some believers have been caught up in this wave.

In such a context, the question we must ask ourselves is: How should God's people work and live? There are so many right responses to this question. But for this article, we are going to see that God's people must be different. God's people must do honest work and live honestly with one another. This is indeed the point of the 8th and the 9th command-

ments as recorded in Exodus 20:15-16.

### Living Differently

After God saved His people from slavery in Egypt, He did not leave them to figure out how to live for Him and with one another. He called them to live like His people, and not like their pagan neighbors. He did so by giving them the 10 commandments.

In these 10 commandments, the people of God were to love the LORD their God with all their hearts, and they were to love their neighbors as themselves. But how exactly were they to show their love for their neighbors? In the 8th and 9th commandments, God's people were to show their love for their neighbors by working honestly and by living honestly. These two principles, drawn from the commandments, are still valid and relevant even today.

In a society marked by greed, corruption, theft and selfishness, how should God's people live? Should we conform to the world or remain on the Word? As God's people, we must be different, no matter what. God made this clear to the Israel-

*“they saw the man who had been freed from the demons. He was sitting at Jesus’ feet, fully clothed and perfectly sane.”*

*-Luke 8:35*

ites by giving them the commandments. In Exodus 20:15, he commanded his people, saying “You shall not steal.” In this commandment, God prohibited his people from taking another person's property without permission, either peacefully or forcefully, publicly or secretly. He commanded this so that His people may be different from the rest of the world. His people were to show their love for their neighbors by respecting their properties. But today, many people have devised ways of stealing from their employers and neighbors.

### A Holy Calling

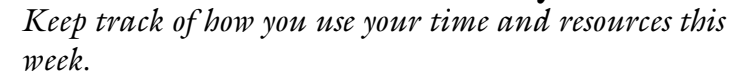
Just as God called the people He had saved from slavery in Egypt not to steal, we who have been saved by Jesus must not steal. Instead, we must work hard with our hands to meet our needs and the needs of other people. Paul made this clear in Ephesians 4:28 when he wrote, ‘Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.’ In this verse, God's people must be different. Instead of stealing, they must do honest work. Instead of thinking only of their own needs, they are to share with those in need. As we do honest work, we must be contented, and fully rely on God for our daily bread.

### Truthful Witnesses

I don't know whether someone has ever accused you falsely. I don't know whether someone has ever told lies about you. If someone has ever accused you falsely or lied about you, then you know how painful and hurting false accusations and lies are. Through false accusations and lies, people have been hurt,

But why shouldn't God's people lie? The first reason why God's people should not lie is because they are God's people. God's people are not the children of Satan, the father of lies. They are the children of God, who is Truth. Since God is our Father, we should be like Him and speak only the truth. Secondly, God's people must not lie because lies destroy people, yet people matter to God. God's people must not bear false witness against their neighbors. Since this commandment calls

Here is a call to honest living with our neighbors. The 8th and the 9th commandments are therefore calls for all believers to honest work and honest living. Are you ready to embrace God's call for your life?



## Fedha (Wealth)

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## 10

## The Gospel and the Commandments

### You shall not covet

Watch the video [A Gospel View of the Commandments](#).

In our journey through the Ten Commandments and the Sermon on the Mount we see God layout an impossible task for human beings. We cannot perfectly keep His commands because we are sinful. Yet God made a way! Jesus fulfilled the Law on our behalf and suffered for our sins. God did this for us because He loves us immensely. Now we, in communion with God the Father, through Jesus, can return this same love back to God and also love our neighbors. This is what Jesus means by the idea that the Ten Commandments can be summed up as Loving the Lord and loving your neighbor. As we love, through the Holy Spirit, then we fulfill what the law required of us. We were given an impossible task, but God the Son took it on for us, and now we must go out and give this same love to God and others.

Read Matthew 22:37-40 and Romans 13:8-10

#### Discussion Questions

- How does “love” fulfill the law?
- Can one truly love if they are not a believer in Christ?
- What should we make of the phrase “continuing debt to love one another in Romans 13:8?



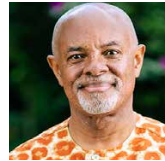
#### Habit: *Shiriki (Share)*

Jesus called us to love God and to love our neighbors as ourselves. This is the summary of the law. So, let us love our neighbor by sharing. If this series helped you in your walk with God, would you consider sharing it with others? Read through



## Action Assignment

Read and reflect on the following article  
by Rev. Canon Dr. Kwasi Amoako



### God's Spirit as Our Helper

In Galatians 2:20-21 the Apostle Paul explains that it is not our efforts to keep the Ten Commandments and the Law that gains us God's acceptance. Rather, when we turn away from our sin and we place our faith in what Christ did for us on the cross, the Holy Spirit comes to live inside us. God's Spirit then gives us the very life of Christ and helps us to obey the Ten Commandments, and to also begin to develop the very character of Christ that Paul refers to as the fruit of the Spirit in Gal. 5:22-23.

This is why in Matthew 5:17 Christ said that He had not come to abolish the Law, but to fulfill it. Christ fulfills the Law in and through us when we receive the gospel in our lives and the Holy Spirit brings the life of Christ into us, changing our hearts and helping us to live out God's Law.

Hebrews 8:10 describes this as the gospel good news of the New Covenant. In the Old Covenant, God gave the Israelites the Ten Commandments and the Law,

but He did not empower them to obey it. The Law was external to them. We enter the New Covenant by receiving the gospel by faith in our lives. Then the Law becomes internal for us because it is written on our hearts by God the Holy Spirit, the Law-giver Himself, who comes to live inside of us and empowers us to obey the Law and the Ten Commandments.

The Apostle Paul refers to this in Gal. 3:24 as the Law being our schoolmaster to bring us to Christ, that we might be justified by faith.

### The Gospel and the Commandments

Many Church-going people mistakenly think that, to be a good Christian, first, you believe on the Lord Jesus Christ, second, you obey the Ten Commandments as best as you can, and third, you will be saved. The truth of the gospel, however, is that to become a Christian, first you believe on the Lord Jesus

Christ, second, at that moment, you are saved, and third, now that you are saved, you are empowered by the indwelling Holy

*"My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me."*  
- Galatians 2:20 (NLT)

Spirit to obey and reflect the Ten Commandments in your life.

This means that, as Christians, we no longer need to obey the Ten Commandments out of the fear and anxiety of losing our salvation, but rather out of joy and gratitude for what, Christ, in and through the gospel, has done for us.

In Matthew 19:27-30, the closing verses of our passage, Peter responded to Jesus' meeting with the rich young ruler by saying that he and the other disciples had paid the high price of leaving their homes and their jobs to follow Jesus.

In response to Peter, Christ confirmed that following Him involves personal sacrifice. Christ also reminded Peter that following Him also has great benefits because, in addition to gaining eternal life those who choose to follow Him will also gain the rich love and provision of the family of God that we see demonstrated in Acts 2:45 and Acts 4:34.

It is my prayer that this gospel view of the Ten Commandments will cause us to celebrate with joy the gospel reality that, as Christians, we obey the Ten Commandments, not so that we can receive God's salvation through our religious performance and piety, but rather, we obey the Ten Commandments in the power of the Holy Spirit because we have received God's salvation through our faith in the finished work of the person of Christ Jesus on the cross for us.

This is the glorious essence of the good news of the gospel of Jesus Christ.

## Next Steps. . .



Now that you've gone through the this course would you consider sharing it with others?

Ask God to put on your heart a few friends who you could invite to start a small group. Pick a co-leader to pray with you and help you. Then invite your friends over and walk through this book again with them, covering one chapter each time you meet.

You can download and print copies of this book and get access to all of the videos as well as a leader's guide at:

**[www.cslewisinstitute.org/jtc](http://www.cslewisinstitute.org/jtc)**

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Malcolm Odhiambo  
Kelvin Macharia  
Saviour Kumwaka  
Naomi Gikonyo

**SHERIA NA NEEMA**

Law and Grace

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Explore the Ten Commandments and God's relationship with His covenant people. Discover how Jesus takes us to the heart of the commandments and transforms our own hearts.

You can experience God's freedom and power and find a way of life rooted in relationships. Learn more in this series featuring Kenyan pastors and leaders designed to encourage and strengthen your faith.

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